

SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested. Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**TAKE YOUR PICK:
EACH DAY, YOU MAY
SELECT FROM A HOT OR
COLD LUNCH**

NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.

**** Indicates a high-sodium meal.
(V) Indicates a vegetarian item.**

BBQ chicken served with corn pudding and cole slaw.
Berry and pudding swirl with whipped topping for dessert.

INDEPENDENCE DAY SPECIAL

**In observance
of Independence Day,
no lunch will be served today.**

4 HOT: Whole grain lasagna served with a meatball, Italian green beans and a tossed salad with lite Italian dressing.
COLD: Ham and Swiss cheese sandwich served with orzo vegetable salad and a cauliflower with carrots salad.
Fresh fruit for dessert.

5 Tomato soup.
HOT: Baked fish in a lemon dill sauce served with fiesta blend vegetables and brown rice pilaf.
COLD: Chicken salad sandwich served with corn salad and tomato red pepper salad.
Mixed fruit for dessert.

6 Chicken vegetable soup.
HOT: Stuffed pepper served with peas with mushrooms and carrots.
COLD: Seafood salad sandwich served with broccoli slaw and potato salad.
Apple raisin compote with whipped topping for dessert.

7 Corn chowder.
HOT: Chicken marsala served with sweet potatoes and broccoli.
COLD: Roast beef and provolone cheese sandwich served with English pea salad and a spinach mandarin orange salad.
Hoodie cup for dessert.

11 HOT: Macaroni and cheese ** (V) served with baked half tomato.
COLD: Curry chicken salad sandwich served with garden shell pasta salad and carrot pineapple salad.
Applesauce for dessert.

12 Oriental vegetable soup.
HOT: Beef to mein served with oriental vegetable blend.
COLD: Chef salad with turkey served with lite Italian dressing and balsamic vinaigrette pasta salad.
Mandarin oranges for dessert.

13 HOT: Broccoli mushroom quiche (V) served with roasted potatoes and mixed vegetables.
COLD: Seafood salad sandwich served with broccoli tomato salad and corn salad.
Chocolate pudding with whipped topping for dessert.

14 Cream of butternut squash soup.
HOT: Aloha chicken served with white rice and spinach mandarin orange salad.
COLD: Cottage cheese fruit plate (V) served with a ziti broccoli salad.
Pineapple cake with topping for dessert.

15 Seafood chowder.
HOT: Baked fish in lemon pepper sauce served with butternut squash and broccoli.
COLD: Roast beef and Provolone cheese sandwich served with summer potato salad and cauliflower carrot salad.
Fresh fruit for dessert.

18 Vegetable barley soup.
HOT: Beef stroganoff over buttered egg noodles and beets with onions.
COLD: BBQ chicken, mozzarella and red onion sandwich served with macaroni salad and a spinach mandarin orange salad.
Fresh fruit for dessert.

19 Chicken orzo soup.
HOT: Fish Florentine served with whipped potatoes and collard greens with onions.
COLD: Ham and Swiss cheese sandwich served with English pea salad and beet salad.
Chef's choice for dessert.

20 HOT: Hot dog ** served with baked beans and cole slaw.
COLD: Egg salad sandwich served with roman blend salad and to mein pasta salad.
Mixed fruit for dessert.

21 Split pea soup.
HOT: Chicken a la king over orzo pilaf served with broccoli and carrots.
COLD: Roast beef and American cheese sandwich served with potato salad and summer squash salad.
Peaches for dessert.

22 HOT: Spinach and red pepper frittata (V) served with red bliss potatoes and green beans.
COLD: Turkey and Swiss cheese sandwich served with tri-color pasta salad and carrot raisin salad.
Fruited yogurt for dessert.

25 Chicken vegetable soup.
HOT: Greek chicken served with roasted potatoes and zucchini with red peppers.
COLD: Egg salad sandwich served with broccoli slaw and pesto pasta salad.
Peaches for dessert.

26 Italian garden vegetable soup.
HOT: Eggplant Parmesan (V) over penne pasta served with broccoli.
COLD: Roast beef and Swiss cheese sandwich served with German potato salad and a chickpeas, cucumber and tomato salad.
Ambrosia with whipped topping for dessert.

27 HOT: Veggie burger (V) with American cheese served with churkwagon corn and cole slaw.
COLD: Tuna salad sandwich served with a spinach mandarin orange salad and corn salad.
Watermelon slice for dessert.

28 HOT: Pot roast with gravy served with creamy potatoes, Italian green beans and a tossed salad.
COLD: California chicken salad sandwich served with a carrot pineapple salad and mixed bean salad.
Birthday cake for dessert.

29 Tomato basil soup.
HOT: Sweet potato fish filet served with tarter sauce, brown herbed rice and carrots.
COLD: Chef salad with ham served with macaroni salad and lite Italian dressing.
Tropical mixed fruit for dessert.

Menu subject to change without notice. Available also at www.mves.org

JULY 2016

Mystic Valley Elder Services



JOIN US FOR LUNCH

ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

STAYING HYDRATED

Hydration is your body's water balance.

Dehydration occurs when you don't have enough fluid in your body. It can cause serious health problems, but is easy to prevent.

Aging, Health & Hydration FYI

The ability to feel thirst lessens with age so you may not realize when you need to drink more. You may find you have to use the bathroom more often, losing more fluid. As we age, our bodies start losing muscle (which holds water) and gain fat (which cannot hold water). Medications that increase urination or help constipation can also cause dehydration.

Dehydration may be caused or worsened by diarrhea, vomiting, overheating, diabetes, high fever, or excessive sweating. If you experience any of these, be aware and make sure you are drinking plenty of fluids.

Dehydration Symptoms & Response

Initial symptoms of dehydration: thirst, dry mouth, dark yellow urine, fatigue
Response: DRINK WATER

Life threatening symptoms of dehydration: dizziness, confusion, muscle weakness or cramps, sunken eyes, low blood pressure, increased heart rate, feeling of blacking out
Response: CALL 911

Hydration tips

- Don't wait until you are thirsty to drink; by this time you are already dehydrated.
- Keep a glass of water near you and drink from it regularly.
- Eat foods which contain water (fruits, soups, gelatin).
- Keep a full water bottle in the refrigerator door and take a drink every time you open it.
- Drink extra in extreme heat to replace the water lost from sweating.
- Start and end the day with a cup of water.
- Do not replace water with alcohol or caffeinated drinks.
- Recognize when your body is asking for more water.

